

Nurse First Disease Management

Disease Management – These services are designed to improve the overall health of Medicaid clients with chronic health conditions, and to reduce their medical costs. Nurses work with clients to promote adherence to providers’ treatment plans and to help clients manage their own health through better self care. All clients with manageable conditions are automatically enrolled in the program. Clients who do not want to participate may “opt-out” or disenroll at anytime.

Five disease states are currently managed. Age restrictions as noted:

- Asthma > 2 Years
- Diabetes > 18 Years
- Chronic Heart Failure > 18 Years
- Cancer > 18 Years
- Chronic Pain > 18 Years

Eligibility – All Medicaid clients are eligible for the Nurse First programs with the exception of nursing home and institutionalized clients, and those clients enrolled in Medicare where the State is paying the clients Medicare B premium. Additional exclusions include clients with AIDS, Schizophrenia, ESRD/Dialysis, Congenital Heart Failure, and other transplants.

DM Program Participants (DMPPs) – **6,892** clients. Total enrollment and prevalence per disease state as follows. Prevalence is the percentage of enrolled DM clients relative to the entire Nurse First Program Participants.

	<u>DMPPs</u>	<u>Prevalence</u>
• Asthma	4,253	6.81%
• Diabetes	1,071	1.71%
• Chronic Hear Failure	211	0.34%
• Cancer	322	0.52%
• Chronic Pain	1,035	1.66%

Monthly Costs: \$143,618 – Average Monthly Cost Year to Date. Estimated annual costs for DM across all disease states is \$1,896,615. Total annual costs vary due to the number of DM Program Participants, disease prevalence, and the total number or Nurse First Program Participants. The DM program fees have been found to be actuarially sound for similar services provided nationwide.

Guaranteed Net Savings: \$515,000 – The contractor, McKesson Health Solutions, guarantees that medical expenditures will be reduced by the amount of contractor’s fees plus an additional \$515,000. Should the total net guarantee not be achieved, fees will be refunded a rate proportionate to the actual deficit from the gross savings target.